[](https://www.bing.com/images/search?view=detailV2&ccid=X4xBSUqx&id=EC0E968923EB714D5ED846EA73B8C90535D52507&thid=OIP.X4xBSUqxco0QaYBpltQRCAHaGQ&mediaurl=http%3a%2f%2fworldartsme.com%2fimages%2fhealthy-choices-clipart-1.jpg&exph=1689&expw=2000&q=healthy+choices+images&simid=608010902282701630&selectedIndex=10) [](https://www.bing.com/images/search?view=detailV2&ccid=az6CIQjh&id=CECE2EB61D49E46ADBF61F5C0AF39B4B1BD7DD1D&thid=OIP.az6CIQjh42pCRDqeOQ3d9QHaC2&mediaurl=http%3a%2f%2fwww.co.dakota.mn.us%2fHealthFamily%2fHealthyLiving%2fDietNutrition%2fPublishingImages%2fSmartChoices.gif&exph=676&expw=1751&q=healthy+choices+images&simid=608026394168987492&selectedIndex=2) [](https://www.bing.com/images/search?view=detailV2&ccid=FvecUPOw&id=221828A3A5AAA81246077D420B2B008E5AE4C5E4&thid=OIP.FvecUPOwu0OfSeOYX3jKIQHaFB&mediaurl=http%3a%2f%2fwww.clipartkid.com%2fimages%2f547%2f13216641-cartoon-of-lazy-overweight-man-with-junk-food-PAoO2a-clipart.jpg&exph=813&expw=1200&q=healthy+choices+images&simid=608028339807849017&selectedIndex=136) 

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| C:\Users\john.healey\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\A5E0C076.tmp  **Homemade Ham & Cheese Pizza[[1]](#footnote-1) (Gluten or Dairy Free Option Available on request)**  [Image result for chickpea & falafel burger images](https://www.bing.com/images/search?view=detailV2&ccid=uSIME13l&id=A1F49404E152724559D76DEC90752DE8B156F521&thid=OIP.uSIME13lbFwcawCYhrUE5AHaD_&mediaurl=https%3a%2f%2fwww.ewlw.co.za%2fassets%2frecipes%2f70%2fdefault.jpg&exph=434&expw=804&q=chickpea+%26+falafel+burger+images&simid=607990960753935837&selectedIndex=15)  **Chick Pea & Falafell Burger& Tzatziki[[2]](#footnote-2)**  [Image result for herby potato wedges images](https://www.bing.com/images/search?view=detailV2&ccid=RlPpcOek&id=66AE487823903693659444D9750B0BBFEA84F5C1&thid=OIP.RlPpcOekXIBCD_eUUKqwwAHaHp&mediaurl=https%3a%2f%2fwww.daringgourmet.com%2fwp-content%2fuploads%2f2013%2f11%2fPotato-Wedges-sm.jpg&exph=907&expw=878&q=herby+potato+wedges+images&simid=608041207580921229&selectedIndex=8)  **Herby Jacket Wedges**  Image result for baked beans**&** [Image result for peas & sweetcorn images](https://www.bing.com/images/search?view=detailV2&ccid=tZB%2bCpZz&id=12E317020EDA718C120D022D2D187059F916A108&thid=OIP.tZB-CpZzOo0jn_kaXpmRIAHaFj&mediaurl=http%3a%2f%2ffarm3.static.flickr.com%2f2374%2f2176792429_e4da5809b5.jpg&exph=375&expw=500&q=peas+%26+sweetcorn+images&simid=607989195515628246&selectedIndex=9)  **Baked Beans & Garden Peas & Sweetcorn**  See the source image  **Salad Tray**  [Image result for bread](https://www.bing.com/images/search?view=detailV2&ccid=uihjRKIq&id=C4E23887071005BB4D8854481D97ACB41B38A68A&thid=OIP.uihjRKIqa57EHkCDLEreBwHaE7&mediaurl=http%3a%2f%2fwww.azhariahkamin.com%2fwp-content%2fuploads%2f2015%2f11%2fsliced-bread.jpg&exph=853&expw=1280&q=bread&simid=608008759121084633&selectedIndex=3)  **Bread[[3]](#footnote-3)**  [Image result for fruit cocktail images](https://www.bing.com/images/search?view=detailV2&ccid=r8fRfwqm&id=03956FFA1CD3B82A2F6CDB53E26D281A70BC5815&thid=OIP.r8fRfwqmHzHK2llUj-pqVgHaFb&mediaurl=http%3a%2f%2fwww.jutaifoods.com%2fupfile%2fimages%2fcanned-fruit-cocktail.jpg&exph=750&expw=1024&q=fruit+cocktail+images&simid=608027270375803448&selectedIndex=9)**&**Image result for VANILLAICE CREAM  **Fruit and Ice Cream [[4]](#footnote-4)**  [Image result for yoghurts images](https://www.bing.com/images/search?view=detailV2&ccid=HaNoOXRi&id=E9CD58AD36E85C29197EAB17F9454AAE415B245C&thid=OIP.HaNoOXRi-RHziitVBAvsMwAAAA&mediaurl=http%3a%2f%2fwww.ecured.cu%2fimages%2f5%2f58%2fYogurt2.jpeg&exph=246&expw=205&q=yoghurts+images&simid=607990823300828934&selectedIndex=55)  **Yoghurt[[5]](#footnote-5)**  [Image result for fresh fruit images](https://www.bing.com/images/search?view=detailV2&ccid=bJWJMHoQ&id=3D187603DA6F8B49A1B35858E68EFA533A9F5EB2&thid=OIP.bJWJMHoQB81FpBNu43RMogHaEP&mediaurl=http%3a%2f%2fwww.pngpix.com%2fwp-content%2fuploads%2f2016%2f10%2fPNGPIX-COM-Fruits-PNG-Transparent-Image.png&exph=1077&expw=1880&q=fresh+fruit+images&simid=608032377119244976&selectedIndex=37)  **Fresh Fruit** |

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| [Image result for chicken in tomato sauce with fusili images](https://www.bing.com/images/search?view=detailV2&ccid=99sP58LH&id=7C3BAF02D126A7C60C2AAF3860C37E5C8F70EED1&thid=OIP.99sP58LHbk8T1Zft5UVKiwHaFj&mediaurl=https%3a%2f%2fi.ytimg.com%2fvi%2fvgYY5uHnVMI%2fhqdefault.jpg&exph=360&expw=480&q=chicken+in+tomato+sauce+with+fusili+images&simid=608027747110225847&selectedIndex=6)  **Chicken & Tomato Pasta with Tricolour Fusilli[[6]](#footnote-6) (Gluten free alternative available)**  [Image result for quorn fillet in spring onion & Hoisin images](https://www.bing.com/images/search?view=detailV2&ccid=ssCqkFz2&id=06550C84746C8DC3EAE3F7716325797B5D062092&thid=OIP.ssCqkFz2yJSAQigkQYV9ggHaFj&mediaurl=https%3a%2f%2f1.bp.blogspot.com%2f-0f0dNF6UJsg%2fWzjP186uSrI%2fAAAAAAAAzuQ%2f1pbFNTkBHbMW8De8B-bWLZUgSVFONSK1wCLcBGAs%2fs1600%2fWTR%252BT1%252BDay%252B3%252B056.jpg&exph=1200&expw=1600&q=quorn+fillet+in+spring+onion+%26+Hoisin+images&simid=608004103349930862&selectedIndex=187)**&**[Image result for Steamed riceimages](https://www.bing.com/images/search?view=detailV2&ccid=FeAkt%2b7%2b&id=0F18E1A958221F37E3F8E6CFEAFFE5B91BDAF1C3&thid=OIP.FeAkt-7-Dk3ZAEUlZpfvLgHaFu&mediaurl=http%3a%2f%2fupload.wikimedia.org%2fwikipedia%2fcommons%2f7%2f77%2fSteamed_rice_in_bowl_01.jpg&exph=626&expw=809&q=Steamed+riceimages&simid=607996926480354188&selectedIndex=2)  **Quorn Fillet in Spring Onion & Hosisin Sauce[[7]](#footnote-7) with Steamed Rice**  [Image result for Cauliflower Broccoli & Baby Carrots Images](https://www.bing.com/images/search?view=detailV2&ccid=60Tdc%2fxk&id=A88E41883D21A25F50DFF95A54DF0C0769424B90&thid=OIP.60Tdc_xkHR45mdsHFSitSQHaIp&mediaurl=http%3a%2f%2f4.bp.blogspot.com%2f_35MR13E2uVU%2fR9TZptK3KSI%2fAAAAAAAAASs%2fYaogVA--GNE%2fs320%2fbroccoli%2bcauliflower%2bcarrots.jpg&exph=320&expw=274&q=Cauliflower+Broccoli+%26+Baby+Carrots+Images&simid=608003016709636939&selectedIndex=10)  **Cauliflower Broccoli & Baby Carrots & Sweetcorn**  See the source image  **Salad Tray**  [Image result for bread](https://www.bing.com/images/search?view=detailV2&ccid=uihjRKIq&id=C4E23887071005BB4D8854481D97ACB41B38A68A&thid=OIP.uihjRKIqa57EHkCDLEreBwHaE7&mediaurl=http%3a%2f%2fwww.azhariahkamin.com%2fwp-content%2fuploads%2f2015%2f11%2fsliced-bread.jpg&exph=853&expw=1280&q=bread&simid=608008759121084633&selectedIndex=3)  **Bread[[8]](#footnote-8)**  **Pancakes[[9]](#footnote-9)**  [Image result for yoghurts images](https://www.bing.com/images/search?view=detailV2&ccid=HaNoOXRi&id=E9CD58AD36E85C29197EAB17F9454AAE415B245C&thid=OIP.HaNoOXRi-RHziitVBAvsMwAAAA&mediaurl=http%3a%2f%2fwww.ecured.cu%2fimages%2f5%2f58%2fYogurt2.jpeg&exph=246&expw=205&q=yoghurts+images&simid=607990823300828934&selectedIndex=55)  **Yoghurt[[10]](#footnote-10)**  [Image result for fresh fruit images](https://www.bing.com/images/search?view=detailV2&ccid=bJWJMHoQ&id=3D187603DA6F8B49A1B35858E68EFA533A9F5EB2&thid=OIP.bJWJMHoQB81FpBNu43RMogHaEP&mediaurl=http%3a%2f%2fwww.pngpix.com%2fwp-content%2fuploads%2f2016%2f10%2fPNGPIX-COM-Fruits-PNG-Transparent-Image.png&exph=1077&expw=1880&q=fresh+fruit+images&simid=608032377119244976&selectedIndex=37)  **Fresh Fruit** |

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| [Image result for roast beef images](https://www.bing.com/images/search?view=detailV2&ccid=fVixCKDX&id=AA0F2FE06F6353DD6A5F5179EA1F445B8D64A72E&thid=OIP.fVixCKDXS_XcZjtsFdTxuQHaFj&mediaurl=http%3a%2f%2fcdn-image.foodandwine.com%2fsites%2fdefault%2ffiles%2fstyles%2f4_3_horizontal_-_1200x900%2fpublic%2f200903-r-xl-coriander-dusted-roast-beef.jpg%3fitok%3dsl8s1ljH&exph=900&expw=1200&q=roast+beef+images&simid=608018663275168776&selectedIndex=68)**&**[Image result for yorkshire pudding images](https://www.bing.com/images/search?view=detailV2&ccid=Yt2X4Trn&id=100C089451D2430EFDBABE4521C88C3FA5CB4E79&thid=OIP.Yt2X4TrnLVFSnzx1nXkWVwHaDt&mediaurl=http%3a%2f%2fi.huffpost.com%2fgen%2f3852716%2fimages%2fo-YORKSHIRE-PUDDING-facebook.jpg&exph=1000&expw=2000&q=yorkshire+pudding+images&simid=608041658553732417&selectedIndex=0)  **Roast Topside Of Beef with Yorkshire Pudding[[11]](#footnote-11)**  C:\Users\john.healey\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\C8BCAC1A.tmp  **Vegetarian Roast[[12]](#footnote-12)**  Image result for roast potatoes**&** [Image result for mashed potato images](https://www.bing.com/images/search?view=detailV2&ccid=sEvmGW5v&id=C4DD7CE0AFCAC4EF52F21DD63E43256C29F50EF1&thid=OIP.sEvmGW5vwCexYlXyTY72gwHaE8&mediaurl=http%3a%2f%2fcdn.taste.com.au%2fimages%2frecipes%2fsfi%2f2004%2f06%2f7752.jpg&exph=2000&expw=3000&q=mashed+potato+images&simid=608041207581970142&selectedIndex=0)  **Roast Potatoes[[13]](#footnote-13) & Mashed Potatoes[[14]](#footnote-14)**  [Image result for shredded savoy cabbage images](https://www.bing.com/images/search?view=detailV2&ccid=BXhcfakA&id=6911A65D445616AA4F5951DFC5C1C5FBE86E0549&thid=OIP.BXhcfakAHglrHFxcIeFSwQHaFj&mediaurl=https%3a%2f%2fmyfavouritepastime.files.wordpress.com%2f2017%2f06%2fbutter-garlic-sauteed-savoy-cabbage-myfavouritepastime-com_8208.jpg%3fw%3d680%26h%3d510&exph=480&expw=640&q=shredded+savoy+cabbage+images&simid=607999228553661190&selectedIndex=35)**&**[Image result for carrot & Swede Mash images](https://www.bing.com/images/search?view=detailV2&ccid=CNv2Mmm0&id=CA1CCCFF23B1088756DC5837B9DE69AEE79BF7CC&thid=OIP.CNv2Mmm02hzqr7vTUmp2cwHaEc&mediaurl=https%3a%2f%2fwww.diabetes.org.uk%2fresources-s3%2fmigration%2frecipes%2fCarrot-And-Swede-Mash.jpg&exph=600&expw=1000&q=carrot+%26+Swede+Mash+images&simid=608045674328360422&selectedIndex=1)  **Savoy Cabbage & Carrot & Swede Mash**  See the source image  **Salad Tray**  [Image result for bread](https://www.bing.com/images/search?view=detailV2&ccid=uihjRKIq&id=C4E23887071005BB4D8854481D97ACB41B38A68A&thid=OIP.uihjRKIqa57EHkCDLEreBwHaE7&mediaurl=http%3a%2f%2fwww.azhariahkamin.com%2fwp-content%2fuploads%2f2015%2f11%2fsliced-bread.jpg&exph=853&expw=1280&q=bread&simid=608008759121084633&selectedIndex=3)  **Bread[[15]](#footnote-15)**  [Image result for fruit flapjack images](https://www.bing.com/images/search?view=detailV2&ccid=v6xL4PcB&id=8A5111FE21E9F9D80850846EE834327F1920E36A&thid=OIP.v6xL4PcBFGbHjAckjv6gPgHaF4&mediaurl=http%3a%2f%2f1.bp.blogspot.com%2f-chqLzyeM4UY%2fT9zpXEkEl3I%2fAAAAAAAAA8A%2fTGotigi3p9o%2fs1600%2fP1014722.JPG&exph=636&expw=800&q=fruit+flapjack+images&simid=608044665011504491&selectedIndex=5)  **Reduced Sugar Fruit Flapjack[[16]](#footnote-16)**  [Image result for yoghurts images](https://www.bing.com/images/search?view=detailV2&ccid=HaNoOXRi&id=E9CD58AD36E85C29197EAB17F9454AAE415B245C&thid=OIP.HaNoOXRi-RHziitVBAvsMwAAAA&mediaurl=http%3a%2f%2fwww.ecured.cu%2fimages%2f5%2f58%2fYogurt2.jpeg&exph=246&expw=205&q=yoghurts+images&simid=607990823300828934&selectedIndex=55)  **Yoghurt[[17]](#footnote-17)**  [Image result for fresh fruit images](https://www.bing.com/images/search?view=detailV2&ccid=bJWJMHoQ&id=3D187603DA6F8B49A1B35858E68EFA533A9F5EB2&thid=OIP.bJWJMHoQB81FpBNu43RMogHaEP&mediaurl=http%3a%2f%2fwww.pngpix.com%2fwp-content%2fuploads%2f2016%2f10%2fPNGPIX-COM-Fruits-PNG-Transparent-Image.png&exph=1077&expw=1880&q=fresh+fruit+images&simid=608032377119244976&selectedIndex=37)  **Fresh Fruit** |

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| [Image result for moroccan chicken with couscouusimages](https://www.bing.com/images/search?view=detailV2&ccid=y99vy9GN&id=E0A39BFB2C538DA34F5A462948DBE10CC7EE79A0&thid=OIP.y99vy9GN1l18mNpPqi8I9AAAAA&mediaurl=http%3a%2f%2fth13.st.depositphotos.com%2f2251655%2f4309%2fi%2f450%2fdepositphotos_43099503-stock-photo-couscous-marocain.jpg&exph=300&expw=450&q=moroccan+chicken+with+couscouusimages&simid=608021528053090911&selectedIndex=17)  **Moroccan Chicken with Herby Couscous[[18]](#footnote-18) (Gluten free alternative available)**  [Image result for vegetable lasagne](https://www.bing.com/images/search?view=detailV2&ccid=ntVE%2fHNn&id=ED5DED0AFE1F43EBDE3F4E2C0EC9D2E6A8A17A6A&thid=OIP.ntVE_HNnMOjXnKRukl-u_AHaEK&mediaurl=http%3a%2f%2fi1.ytimg.com%2fvi%2fwkbYh1z82b4%2fmaxresdefault.jpg&exph=720&expw=1280&q=vegetable+lasagne&simid=608001672394639425&selectedIndex=4)**&**[Image result for garlic bread images](https://www.bing.com/images/search?view=detailV2&ccid=9427CeXc&id=4CAB31615292092F15A3738F5FA90F0AD0F62CC5&thid=OIP.9427CeXc8r5MHazE7ZNDFQHaE8&mediaurl=https%3a%2f%2fwww.theanthonykitchen.com%2fwp-content%2fuploads%2f2017%2f02%2fGarlic-Bread-1.jpg&exph=4000&expw=6000&q=garlic+bread+images&simid=608024689126344717&selectedIndex=7)  **Vegetable Lasagne[[19]](#footnote-19) with Side Salad & Garlic Bread[[20]](#footnote-20)**  [Image result for green beans images](https://www.bing.com/images/search?view=detailV2&ccid=%2bR9DdyZ0&id=F20E5CF463F04A54DFD7914B416207437D40CFD1&thid=OIP.-R9DdyZ0p7Ud_D9nMCh_hAHaE7&mediaurl=http%3a%2f%2f1.bp.blogspot.com%2f-EALswZcaDPI%2fUk_2npl_8wI%2fAAAAAAAAJi4%2faRk19SW3xrY%2fs1600%2fcut%2bgreen%2bbeans.jpg&exph=853&expw=1280&q=green+beans+images&simid=608004090466012305&selectedIndex=94)**&**[Image result for sweetcorn images](https://www.bing.com/images/search?view=detailV2&ccid=o37weRyk&id=41E44EDE2073F6CEAE684A2A871D9F988D7D4CAE&thid=OIP.o37weRykJ_MD4BUyDTmiVwHaDn&mediaurl=http%3a%2f%2fpluspng.com%2fimg-png%2fcorn-hd-png-sweet-corn-png-transparent-image-1080.png&exph=527&expw=1080&q=sweetcorn+images&simid=608043282023974775&selectedIndex=34)  **Green Beans & Sweecorn**  See the source image    **Salad Tray**  [Image result for bread](https://www.bing.com/images/search?view=detailV2&ccid=uihjRKIq&id=C4E23887071005BB4D8854481D97ACB41B38A68A&thid=OIP.uihjRKIqa57EHkCDLEreBwHaE7&mediaurl=http%3a%2f%2fwww.azhariahkamin.com%2fwp-content%2fuploads%2f2015%2f11%2fsliced-bread.jpg&exph=853&expw=1280&q=bread&simid=608008759121084633&selectedIndex=3)  **Bread[[21]](#footnote-21)**  [Image result for fruit crumble & Cream images](https://www.bing.com/images/search?view=detailV2&ccid=BkQvfktP&id=61BF8E06615E75BBF8ECBB44A521E1A8F86443FE&thid=OIP.BkQvfktPKgh9hUPpwZIyiQEsDY&mediaurl=https%3a%2f%2fs-media-cache-ak0.pinimg.com%2f736x%2ff6%2f64%2fc7%2ff664c7c3a0c31c201f49967d995845fc.jpg&exph=399&expw=554&q=fruit+crumble+%26+Cream+images&simid=608053577055732779&selectedIndex=2)  **Reduced Sugar Gluten Free Fruit Crumble & Cream**  [Image result for yoghurts images](https://www.bing.com/images/search?view=detailV2&ccid=HaNoOXRi&id=E9CD58AD36E85C29197EAB17F9454AAE415B245C&thid=OIP.HaNoOXRi-RHziitVBAvsMwAAAA&mediaurl=http%3a%2f%2fwww.ecured.cu%2fimages%2f5%2f58%2fYogurt2.jpeg&exph=246&expw=205&q=yoghurts+images&simid=607990823300828934&selectedIndex=55)  **Yoghurt[[22]](#footnote-22)**  [Image result for fresh fruit images](https://www.bing.com/images/search?view=detailV2&ccid=bJWJMHoQ&id=3D187603DA6F8B49A1B35858E68EFA533A9F5EB2&thid=OIP.bJWJMHoQB81FpBNu43RMogHaEP&mediaurl=http%3a%2f%2fwww.pngpix.com%2fwp-content%2fuploads%2f2016%2f10%2fPNGPIX-COM-Fruits-PNG-Transparent-Image.png&exph=1077&expw=1880&q=fresh+fruit+images&simid=608032377119244976&selectedIndex=37)  **Fresh Fruit** |

**ALLERGEN INFORMATION**

[](https://www.bing.com/images/search?view=detailV2&ccid=X4xBSUqx&id=EC0E968923EB714D5ED846EA73B8C90535D52507&thid=OIP.X4xBSUqxco0QaYBpltQRCAHaGQ&mediaurl=http%3a%2f%2fworldartsme.com%2fimages%2fhealthy-choices-clipart-1.jpg&exph=1689&expw=2000&q=healthy+choices+images&simid=608010902282701630&selectedIndex=10)[](https://www.bing.com/images/search?view=detailV2&ccid=az6CIQjh&id=CECE2EB61D49E46ADBF61F5C0AF39B4B1BD7DD1D&thid=OIP.az6CIQjh42pCRDqeOQ3d9QHaC2&mediaurl=http%3a%2f%2fwww.co.dakota.mn.us%2fHealthFamily%2fHealthyLiving%2fDietNutrition%2fPublishingImages%2fSmartChoices.gif&exph=676&expw=1751&q=healthy+choices+images&simid=608026394168987492&selectedIndex=2)[](https://www.bing.com/images/search?view=detailV2&ccid=FvecUPOw&id=221828A3A5AAA81246077D420B2B008E5AE4C5E4&thid=OIP.FvecUPOwu0OfSeOYX3jKIQHaFB&mediaurl=http%3a%2f%2fwww.clipartkid.com%2fimages%2f547%2f13216641-cartoon-of-lazy-overweight-man-with-junk-food-PAoO2a-clipart.jpg&exph=813&expw=1200&q=healthy+choices+images&simid=608028339807849017&selectedIndex=136)

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| Image result for fish fingers images  **Fish Fingers[[23]](#footnote-23)**  [Image result for spinach & ricotta Tortellini  images](https://www.bing.com/images/search?view=detailV2&ccid=CCYc1BHf&id=BEF1EE4AB3C408CE67E0E46706A561243FE7D735&thid=OIP.CCYc1BHfQ4q9qUw2BTOJlgHaHa&mediaurl=https%3a%2f%2flh3.googleusercontent.com%2f-tPpIjSMYzlc%2fV4aQfeoLVnI%2fAAAAAAAAR7g%2fdmPqugh67Io%2fs640%2fblogger-image--453603300.jpg&exph=480&expw=480&q=spinach+%26+ricotta+Tortellini++images&simid=607998292264357356&selectedIndex=9)  **Vegetable Tortellini[[24]](#footnote-24)**  [Image result for chips images](https://www.bing.com/images/search?view=detailV2&ccid=bjnZMgT1&id=52E4B059F43149D9C1752549C45DD413BABC2BFC&thid=OIP.6UCrSHQzSE0ofPSj_2l0jgHaE8&mediaurl=http%3a%2f%2fdeeschuckwagonweb.files.wordpress.com%2f2011%2f11%2fchips.jpeg&exph=600&expw=900&q=chips+images&simid=608015480743330348&selectedIndex=2)  **Chips**  [Image result for baked bean images](https://www.bing.com/images/search?view=detailV2&ccid=e%2fhj4Gfp&id=E4B8D2EBE2D9C1D06F32F9A6E9869A346D3F397F&thid=OIP.e_hj4GfpnO0X-nFze0nl7gHaE6&mediaurl=http%3a%2f%2fsimply-bbq.com%2fwp-content%2fuploads%2f2017%2f01%2fBaked-Beans.jpg&exph=2848&expw=4288&q=baked+bean+images&simid=607991467553786142&selectedIndex=10)**&** [Image result for cooked broccoli florets images](https://www.bing.com/images/search?view=detailV2&ccid=ekuytIFU&id=05B13F47DE97E83E0E60311E990D48D15B855DEC&thid=OIP.ekuytIFUNaToZF18OlbHRwHaE7&mediaurl=http%3a%2f%2fassets.simplyrecipes.com%2fwp-content%2fuploads%2f2006%2f01%2fsteamed-broccoli-horiz-b-2000.jpg&exph=1333&expw=2000&q=cooked+broccoli+florets+images&simid=608015652559914384&selectedIndex=1)  **Baked Beans & Broccoli Florets**  See the source image  **Salad Tray**  [Image result for bread](https://www.bing.com/images/search?view=detailV2&ccid=uihjRKIq&id=C4E23887071005BB4D8854481D97ACB41B38A68A&thid=OIP.uihjRKIqa57EHkCDLEreBwHaE7&mediaurl=http%3a%2f%2fwww.azhariahkamin.com%2fwp-content%2fuploads%2f2015%2f11%2fsliced-bread.jpg&exph=853&expw=1280&q=bread&simid=608008759121084633&selectedIndex=3)  **Bread[[25]](#footnote-25)**  [Image result for blueberry muffinsimages](https://www.bing.com/images/search?view=detailV2&ccid=dLVdHDz5&id=21957E02A5E8053C69D7830765FC7924BDBB7960&thid=OIP.dLVdHDz5J_GefTIe7WWjIwHaFL&mediaurl=https%3a%2f%2fupload.wikimedia.org%2fwikipedia%2fcommons%2fthumb%2f1%2f1c%2fBlueberry_muffins%252C_whole_and_partial.jpg%2f1200px-Blueberry_muffins%252C_whole_and_partial.jpg&exph=840&expw=1200&q=blueberry+muffinsimages&simid=608044982835548136&selectedIndex=3)  **Gluten Free/Reduced Sugar Blueberry Muffins[[26]](#footnote-26)**  [Image result for yoghurts images](https://www.bing.com/images/search?view=detailV2&ccid=HaNoOXRi&id=E9CD58AD36E85C29197EAB17F9454AAE415B245C&thid=OIP.HaNoOXRi-RHziitVBAvsMwAAAA&mediaurl=http%3a%2f%2fwww.ecured.cu%2fimages%2f5%2f58%2fYogurt2.jpeg&exph=246&expw=205&q=yoghurts+images&simid=607990823300828934&selectedIndex=55)  **Yoghurt[[27]](#footnote-27)**  [Image result for fresh fruit images](https://www.bing.com/images/search?view=detailV2&ccid=bJWJMHoQ&id=3D187603DA6F8B49A1B35858E68EFA533A9F5EB2&thid=OIP.bJWJMHoQB81FpBNu43RMogHaEP&mediaurl=http%3a%2f%2fwww.pngpix.com%2fwp-content%2fuploads%2f2016%2f10%2fPNGPIX-COM-Fruits-PNG-Transparent-Image.png&exph=1077&expw=1880&q=fresh+fruit+images&simid=608032377119244976&selectedIndex=37)  **Fresh Fruit** |

**ALLERGEN INFORMATION**

1. **Contains Gluten (Wheat), Soya Bean & Milk** [↑](#footnote-ref-1)
2. **Contains Milk** [↑](#footnote-ref-2)
3. **Contains Gluten (Wheat)** [↑](#footnote-ref-3)
4. **Contains Milk** [↑](#footnote-ref-4)
5. **Contains Milk** [↑](#footnote-ref-5)
6. **Contains Gluten (Wheat)** [↑](#footnote-ref-6)
7. **Contains Soya Bean** [↑](#footnote-ref-7)
8. **Contains Gluten (Wheat)** [↑](#footnote-ref-8)
9. **Contains Milk, Egg and Gluten (Wheat)** [↑](#footnote-ref-9)
10. **Contains Milk**  [↑](#footnote-ref-10)
11. **Contains Gluten (Wheat), Eggs and Milk** [↑](#footnote-ref-11)
12. [↑](#footnote-ref-12)
13. **Contains Sulphites** [↑](#footnote-ref-13)
14. **Contains Sulphites** [↑](#footnote-ref-14)
15. **Contains Gluten (Wheat)** [↑](#footnote-ref-15)
16. **Contains Gluten (Oats)** [↑](#footnote-ref-16)
17. **Contains Milk** [↑](#footnote-ref-17)
18. **Contains Gluten (Wheat)** [↑](#footnote-ref-18)
19. **Contains Gluten(Wheat), Milk & Mustard** [↑](#footnote-ref-19)
20. **Contains Gluten |(Wheat)** [↑](#footnote-ref-20)
21. **Contains Gluten (Wheat)** [↑](#footnote-ref-21)
22. **Contains Milk** [↑](#footnote-ref-22)
23. **Contains Milk** [↑](#footnote-ref-23)
24. **Contains Gluten (Wheat), Eggs, Milk & Mustard** [↑](#footnote-ref-24)
25. **Contains Gluten(Wheat)** [↑](#footnote-ref-25)
26. **Contains Eggs** [↑](#footnote-ref-26)
27. **Contains Milk** [↑](#footnote-ref-27)